

# **EUROPEAN SALAD**

Delightful mix of fresh salad fixings topped with sautéed chicken and a light, yet flavorful raspberry vinaigrette. Save time by using blender to make the vinaigrette and purchasing packaged salad blends, precut chicken, and vegetables.

Preparation time: 30 minutes

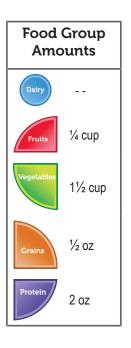
Serves: 4

### **INGREDIENTS:**

- 12 oz chicken breast, pre-sliced
- ¼ tsp salt
- ¼ tsp ground black pepper
- 2 tsp olive oil
- 3 green onions, sliced
- 1 large yellow bell pepper, cut in strips (about 1½ cups)
- 16 cherry tomatoes
- 1 10-oz package European Blend Salad
- Whole grain croutons (about 8 per serving)
- Fresh ground pepper, to taste

### Vinaigrette

- ¾ cup frozen raspberries, thawed
- 1 tbsp olive oil
- 2 tbsp cider vinegar
- 1 tsp sugar
- 1/4 tsp garlic salt
- 1/4 tsp oregano
- ¼ tsp ground black pepper



Serving Size 321 g  Amount Per Serving			
		%Dai	ily Value
Total Fat 9g			149
Saturated Fat 1	g		59
Trans Fat 0g			
Cholesterol 4	5mg		159
Sodium 450mg	9		199
Total Carboh	v <b>drate</b> 21g	ı	79
Dietary Fiber 4d	1		169
Sugars 9g	,		
Protein 20g			
Vitamin A 35%		Vitami	n C 2509
Vitallilli A 3376		Vitallii	Iron 159
Calairea 00/			
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* Percent Daily			2,000
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### **DIRECTIONS:**

- 1. Place all vinaigrette ingredients in a blender, blend until smooth; set aside. (Note: Vinaigrette can be made ahead and refrigerated.)
- 2. Season chicken with salt and pepper.
- 3. Heat olive oil in a large skillet.
- 4. Sauté chicken until cooked thoroughly; remove from pan, and let cool.
- 5. Slice onions.
- 6. Toss cut vegetables with European Blend Salad.
- 7. On individual serving plates, top salad with chicken and croutons, drizzle with dressing, and finish with fresh ground pepper, if desired.

## **Serving Suggestions:**

Serve with 1 cup fruit salad, an 8 oz glass of non-fat milk, 1 slice whole-grain bread with dab of butter.

Recipe Submitted by Produce For Better Health Foundation



